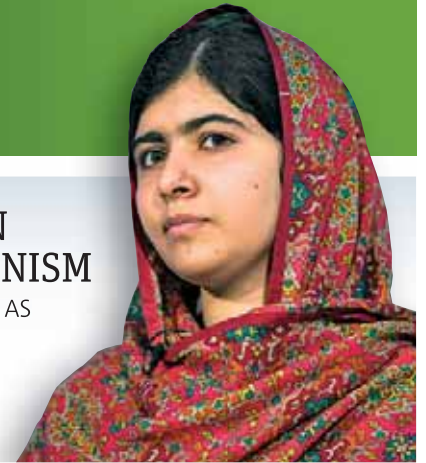


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'I had a pit in the bottom of my stomach'

Former Red Nose co-ordinator says arrests of nine people over the weekend for drunk driving left her feeling slightly sick **PAGE 6**

Climatologist not betting on white Christmas

Temperatures in Halifax will hover just above or below freezing for next two weeks, says David Phillips **PAGE 8**

Cops storm Sydney cafe to end hostage standoff

Iranian-born gunman among the three people killed **PAGE 10**

NEW GENERATION REDEFINING FEMINISM

HIGH-PROFILE FEMINISTS SUCH AS NOBEL PRIZE WINNER MALALA YOUSAFZAI FIGHTING FOR WOMEN'S RIGHTS BEFORE THEY'VE BECOME WOMEN THEMSELVES **PAGE 13**



ARTFUL DARTMOUTH

Pedestrians head past a large mural in Dartmouth Cove on Monday. The mural was added to the colourful waterfront walk during this past year's Hopscotch Festival. **JEFF HARPER/METRO**

Home is where the heart is

East Preston. Basketball star Justine Colley giving back to game she loves



KRISTEN LIPSCOMBE
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She's a rare Nova Scotian gem. Not only is Justine Colley of East Preston arguably the best women's basketball player to come out of the province, but unlike many of its young people, she stayed home.

Colley, 23, graduated from Saint Mary's University in May with her bachelor of commerce and as the Canadian Interuniversity Sport all-time leading scorer. These days, she's working as a financial advisor at RBC Royal Bank in downtown Halifax while officiating for the locally run Metro Basketball Association.

"I'm not playing right now," she said Sunday evening after catching the second half of the

National team regular

Justine Colley has played internationally since 2008, joining the Canadian senior women's national team in 2013. She played at Saint Mary's University for five seasons.



Justine Colley **JEFF HARPER/METRO**

Halifax Rainmen game against the Island Storm while waiting for a couple of under-12 boys' teams to take to the big court at Scotiabank Centre.

"This is what I'm doing to stay a part of the game, is refereeing," she added with a smile.

Colley also officiated while attending Halifax Grammar School but didn't have time while leading the Saint Mary's Huskies to two straight Atlantic University Sport championship titles, in addition to joining the Canadian senior women's national team in 2013.

"There's a little more flex-

ibility than when you're an athlete," she said. "This is where I am right now."

Colley said there are "tons of kids" across Halifax lacing up their sneakers to give Canadian-invented basketball a try. "It's definitely a lot bigger than when I was ... a part of it."

While playing women's pro ball remains a possibility, along with furthering herself on the national team, right now Colley is enjoying her new career off the court, inspiring clients to reach their financial goals and local kids to get involved in the sport she loves.

"I'm loving it," she said.



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Fire station closure plan puts chief, union at odds

Potential downfall.

Any closures would leave some residents unprotected, firefighters suggest



RUTH
DAVENPORT

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Halifax fire brass and the union representing firefighters have widely differing opinions of the impact of closing three stations in the urban core.

The chief of Halifax Regional Fire and Emergency (HRFE) told the city's executive standing committee Monday that a recommendation to close the Lady Hammond, King Street and Patton Road stations arose from a wide-ranging operational review launched in 2012.

This is tied to an insurance underwriters' recommendation to staff two aerial ladder trucks in Halifax and Dartmouth with dedicated crews — or suffer reduced fire ratings for the trucks' catchment area.

HRFE Chief Doug Trussler said closing the stations would eliminate redundancies in coverage, and allow the staff

In numbers

\$1.5M

The minimum collective amount by which insurance premiums for residents and businesses in parts of Halifax and Dartmouth could go up, according to Fire Underwriters Survey, if two aerial ladder trucks remain unstaffed.



Pedestrians cross the road in front of Fire Station 13 on King Street in Dartmouth on Monday. JEFF HARPER/METRO

to be reallocated to the ladder trucks.

"We're trying to be responsible financially," he said after his presentation. "This is the best use of the resources we have available in terms of distribution and concentration of resources."

Before a public gallery packed with firefighters, some who shook their heads in open skepticism, Trussler told the committee fire protection wouldn't suffer as a result of the closures.

He cited comprehensive mapping as proof that nearby stations would be able to respond to emergencies within the required time frame.

However, the president of the union representing firefighters said that's predicated

on a number of assumptions about the availability of crews at the other stations.

"What the mapping doesn't take into account is that crews could be on other calls, they could be backing up another station, they could be training, they could be out of service due to mechanical difficulties," said Jim Gates of Halifax Professional Firefighters.

Gates said a certain amount of redundancy is necessary for good coverage, and suggested the force should invest in new firefighters to staff the ladder trucks rather than closing existing stations.

But Trussler said hiring 20 new firefighters would cost \$5.5 million a year.

He said the chances are low that every crew in the neigh-

At a glance

Regional councillors will debate the report and its recommendations at a committee of the whole meeting in January.

bouring stations would be unavailable to respond to a call in the areas in question.

"We don't take every crew in the area and take them out of service at any one time, for training, obviously," he said. "The chance for concurrent alarms is relatively low, based on our analysis and on statistics."

The report also recommends relocating two fire stations, in Bedford and Sack-

ville, to close "gaps" in fire coverage related to the growth in Bedford West and Hammonds Plains.

Four rural volunteer fire stations are also slated for closure. Trussler said the stations in Ostrea Lake-Pleasant Point, East Ship Harbour, Meaghers Grant and Grand Lake-Oakfield have just five volunteers between them.

Weekly calls for service range from an average of 0.69 to 1.6 a week.

"We have a dynamic response model where all the volunteers and career firefighters in the area are dispatched to the call," said Trussler. "So (residents) will not notice a difference in response today or after this recommendation is implemented."

1 NEWS



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Barrett. Alleged killer pleads to lesser charges

Alleged murderer Thomas Ted Barrett has pleaded guilty to charges of uttering a threat, unlawful confinement and assault.

Barrett had previously pleaded not guilty to those charges and to the attempted murder of a woman in Glace Bay in June of 2012. The woman cannot be named due to a court-imposed publication ban.

Barrett, who maintains his innocence on the attempted-murder charge, voluntarily changed his pleas to the other charges during provincial court proceedings Monday in Sydney.

But defence counsel Brian Bailey told the court that in pleading guilty to the assault charge, Barrett admits only to slapping the woman twice.

And while Barrett pleaded guilty to unlawful confinement, Bailey told Justice Glen McDougall that Barrett had his hands around the woman's neck for just seconds to prevent her from leaving a residence.

The 39-year-old Glace Bay man, who also faces two unrelated murder charges, opted to plead guilty to disobeying a court order.

His lawyer told the court Barrett admitted calling the woman from the Cape Breton



Thomas Ted Barrett THE CANADIAN PRESS

Correctional Facility after his arrest in an effort to get her "to tell them the truth about what really happened."

Prosecutor Diane McGrath said the Crown agreed to drop an obstruction of justice charge.

Barrett will return to court on Jan. 26 for sentencing on the charges to which he has pleaded guilty.

Also on Jan. 26, a trial date is expected to be set on a charge of second-degree murder in connection with the 2006 death of Brett Elizabeth McKinnon.

In another case, Barrett and co-accused Morgan James MacNeil, 23, are charged jointly with second-degree murder in relation to the May 2012 death of 21-year-old Laura Catherine Jessome. CAPE BRETON POST

Back out. Man accused of striking Mountie gets bail

A man accused of hitting a Mountie with his truck earlier this year and then breaching his release conditions will return to court Jan. 13 to answer to the initial charges.

Cody Andrew Prudhomme, who was wearing an orange Aero 1987 surf T-shirt and jeans for his latest court appearance, was granted bail on Monday.

Prudhomme was arrested

in the fall on charges of assault with a weapon, failing to stop for police, resisting arrest and dangerous driving.

He had been released from custody on those charges but was arrested in the Halifax area on Oct. 30 for allegedly uttering threats.

That charge violated his earlier Hants County release, and he was remanded back into custody. HANTS JOURNAL



The residence where a woman's body was found Sunday in north-end Halifax. Police left the scene on Monday. JEFF HARPER/METRO

Woman's death no longer 'suspicious'

Almon Street. Further testing required to find out cause of death



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Halifax police have ruled out foul play in the death of a 39-year-old woman, after an

autopsy Monday morning.

Around 1 p.m. Sunday, Halifax Regional Police officers responded to a report of a death in the 5800 block of Almon Street in Halifax.

Police said someone had visited the residence where the woman lived, found her body and called police.

An autopsy was conducted Monday morning, but further testing is required to deter-

Name

Police say the woman's identity will not be released.

mine a cause of death.

Const. Pierre Bourdages, a spokesman with Halifax Regional Police, said the medical examiner's office does not consider the case suspicious.

"The cause of death was not obvious at the scene, so they had to wait for the autopsy," Bourdages said.

Although police considered the death suspicious during Sunday night's investigation, Bourdages said, it's always a medical examiner's scene until a ruling is made.

"Until you have a ruling, you have to plan as if it was suspicious," he said.

Local teen killed in New Brunswick crash

A 19-year-old Nova Scotia man was killed Monday morning after his pickup truck was involved in a collision with a garbage truck on a New Brunswick highway.

The name of the man, who is from Onslow, Colchester Co., is being withheld until his family has been notified.

The crash occurred around 9:20 a.m. on Route 105 near

Maugerville.

The Onslow man died at the scene. A passenger in his vehicle and the driver of the garbage truck were taken to hospital with what are be-

lieved to be non-life-threatening injuries.

The investigation is continuing with assistance of an RCMP collision reconstructionist. TRURO DAILY NEWS

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Lower Sackville

Missing child found safe after not coming home

Police in Halifax say a missing 13-year-old girl from Lower Sackville was located safe and sound on Monday.

Halifax Regional Police said Jamelyn Dobbins left a friend's home in the 2400 block of Robie Street on Sunday at 7 p.m. and was supposed to take a Halifax Transit bus back home to Sackville.

When she didn't arrive at her Skyridge Avenue

home, she was reported missing to police.

Around 12:30 p.m. Monday, police said Dobbins had returned home safely in the morning. METRO

Digby County

Man charged with car theft, driving while impaired

RCMP in Nova Scotia have laid charges against a 20-year-old they say was driving impaired in a stolen car.

Last Thursday around

10:30 p.m., police in Digby County responded to a single-vehicle crash on Lansdowne Road in Bear River.

They determined the driver had been drinking.

No one else was in the car, and the man was arrested. RCMP say they later determined the car had been stolen from Bear River right before the accident.

Alexander Andrew Baker, 20, is facing five criminal charges, including theft of a motor vehicle, impaired operation of a motor vehicle, driving while prohibited, resisting arrest and breach of probation.

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Former Red Nose co-ordinator troubled by drunk driving stats

Roads. Rash of nine arrests in eight hours speaks to some success in public vigilance: RCMP



RUTH DAVENPORT
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Three years after Operation Red Nose folded in Nova Scotia, a former co-ordinator says weekend drunk-driving arrest statistics left her feeling slightly ill.

"I had a pit in the bottom of my stomach," said Corinne MacLellan Monday. "The Monday after a weekend of operation (Red Nose), I would always hold my breath a little bit to hear, how did we do?"

RCMP in Halifax issued a press release Saturday stating nine drivers were arrested for impaired driving in an eight-hour period Friday night.

Operation Red Nose was the program under which volunteers would give holiday party-goers a ride home in their own vehicle if they'd had a little too



The mascot for Operation Red Nose high-fives some dignitaries during a launch event in 2010 at Province House. METRO FILE

much to drink.

MacLellan said the program might have helped get some drunk drivers off the road over the years, but its real value lay in raising public awareness about impaired driving.

"It did get into folks' con-

sciousness around this time of year and say, 'OK, I gotta make a plan to get home,'" she said.

High fuel and insurance costs forced organizers to shut down Red Nose in Nova Scotia after the 2011 season.

MacLellan said there are still

plenty of people who call every year to ask if it's coming back, and suggested there's enough appetite for a similar service to return.

"There's such a grassroots effort that exists, hundreds of volunteers — and thousands

of people who use the service," she said.

RCMP Cpl. Greg Church said there were several factors that contributed to the weekend arrests, including the use of statistical analysis to choose locations for the checkpoints that

November numbers

Police in Halifax charged 60 drivers with impaired driving in November.

- A release issued Monday states Halifax RCMP and Halifax Regional Police handed out tickets and suspensions to 51 men and nine women ranging from 19 to 78 years old.
- Forty-five were arrested after accidents or traffic stops and 15 were reported by concerned citizens.

nabbed four of the nine drivers.

"Our goal is to make the roads as safe as possible for the public," he said. "So by using all of the resources, all of the intelligence-led policing and assistance from the public, and being very vigilant in stopping as many vehicles as we can, it contributed to the overall success."

Health union arbitration deadline reset to Jan. 19

The arbitrator dealing with the reduction of health-care bargaining units in Nova Scotia has been given more time to render his decision.

Health Minister Leo Glavine says the deadline for the arbitration process overseen by James Dorsey has been extended from Jan. 1 to Jan. 19.

Glavine says he gave the extension at Dorsey's request and no further hearing dates are scheduled.

The Health Authorities Act passed this fall merges the number of health districts



Health Minister Leo Glavine
JEFF HARPER/METRO

from 10 to two by April 1. It also creates an arbitration process to reduce the number

of bargaining units for about 24,000 health workers from 50 to four.

Dorsey recently completed hearings during which public-sector unions argued the law is unconstitutional and breaks charter rights that guarantee the right to association.

The government has said the legislation ensures that health care is sustainable and it wants uniformity in the representation of nurses, technologists, administrative and support workers.

THE CANADIAN PRESS

catastrophic injuries.

Joanne Bernard says the move is in response to the case of Joellan Huntley, a woman who was left unable to speak or walk following a car accident in 1996.

Huntley's family is in court fighting an attempt by the province to claw back a \$1-million insurance settlement won for her care.

Bernard says no family

should have to go through a similar court process, so the province will review its options following a decision in Huntley's matter that is expected on Jan. 9.

Bernard defended the province's position last Thursday, saying then that there was an expectation that people should have to pay for care provided by the province.

THE CANADIAN PRESS



Pair sent to hospital after collision

Firefighters inspect the damage done to a car on Cobequid Road in Lower Sackville after it was rear-ended by a dump truck on Monday afternoon. Police said a man and a woman were taken to hospital as a precaution, following a three-vehicle crash on Monday at 2:45 p.m. JEFF HARPER/METRO

Settlements

N.S. to review policy around injury insurance

Nova Scotia's community services minister says there will be a review of the government's policy around insurance settlements for those who have suffered



Lawyers, from left, Ronald MacDonald, Amy Sakalauskas and Elaine Craig wait to make a presentation regarding Trinity Western University's proposed law school to the Nova Scotia Barristers' Society executive committee in Halifax on Feb. 12. ANDREW VAUGHAN/THE CANADIAN PRESS

Review begins for Christian law school

Supreme Court of Nova Scotia. Private B.C. university looking to overturn barristers' society's decision to deny accreditation

A private Christian university in British Columbia is hoping to persuade a judge to overturn a decision by the Nova Scotia Barristers' Society to deny accreditation to graduates of the university's proposed law school.

Four days have been set aside in the Supreme Court of Nova Scotia for the judicial review, which starts Tuesday.

In April, the barristers' society council decided it would not allow graduates from Trinity Western University's law school to enrol in the bar admission program unless the school dropped a requirement that students sign a pledge to abstain from sex outside heterosexual marriage.

The pledge, described by the school as a community

Background

Last December, the Federation of Law Societies of Canada gave Trinity Western preliminary approval for its law school program and said it was up to provincial law societies to decide whether to recognize degrees from the school.

covenant, has been criticized as discriminatory against gays and lesbians.

The lawyers' society says its decision to deny accreditation would prevent graduates from Trinity Western from articling in Nova Scotia, but it wouldn't stop them from practising law in the province.

In a brief filed with the court, the society says it has not violated the rights of the law school's future graduates.

"While the charter does protect freedom of religion and association, it does not require the society to validate or support conduct that discriminates against others," it says.

The privately funded uni-

versity, based in Langley with about 4,000 students, wants to open a law school in 2016.

Trinity Western president Bob Kuhn has said the Nova Scotia decision and a similar one delivered by Ontario's Law Society of Upper Canada represent a blow to religious freedom in Canada.

The university's court brief says the Nova Scotia Barristers' Society doesn't have jurisdiction over law schools or the actions of B.C. residents. The brief says the barristers' society is entitled to judge the qualifications of students, but their religious beliefs and who they associate with in law school are irrelevant.

It says the case is about balancing the right of religious freedom with the right to be free from unlawful discrimination.

"Allowing people in B.C. to voluntarily agree not to engage in sexual intimacy outside an opposite-sex marriage does not limit the right of people in Nova Scotia who wish to engage in sexual intimacy on some other basis," its brief says.

THE CANADIAN PRESS

Trinity Western University

A history of controversy

It's not the first time the university has fought to

defend its beliefs.

In the late 1990s, the British Columbia College of Teachers blocked Trinity Western from granting teaching degrees, in light of

policies related to homosexuality.

The case went to the Supreme Court of Canada, which overturned the college's decision in 2001.

Struck by wooden board, man falls off trail bridge

A man was injured Monday morning, when he fell from a bridge where work was being carried out by the Annapolis Valley Trails Coalition.

A skid steer loader, which was being used to scrape the decking off the bridge, hit a board that was still spiked down on one end. The board spun on the spike and the other end of the board hit the man, knocking him off the bridge.

Witnesses say Andy Jacques fell approximately 20 feet, hitting a tree halfway down. The bridge spans a small brook.

Paramedics transported the man to Valley Regional Hospital in Kentville.

Rick Jacques, trails co-ordinator for the coalition and father of the injured man, was at the scene in Paradise, Annapolis County, when the accident happened at about 9:30 a.m.

He said a crew of four had just started work on the bridge for the day.

The man who fell was going to place work signs at both ends of the bridge and had not yet donned a work harness.

Jacques said it looks as if his son will be OK.

RCMP talked to the workers and took photos of the accident scene. The bridge is located on the trail at the west end of Paradise just before it crosses Highway 1.

ANNAPOLIS SPECTATOR

Unusual

Rick Jacques estimated that this was the 100th bridge the group has worked on and the first accident.



The bridge where the accident happened Monday. ANNAPOLIS SPECTATOR

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DOWNTOWN HALIFAX

Dreaming of a white Christmas? Keep dreaming, climatologist says

Snow way. Environment Canada's David Phillips says it isn't 'game over' for a snowy Dec. 25, but he wouldn't bet on it



HALEY
RYAN

haley.ryan@metronews.ca

It looks like a white Christmas might have to stay in Haligonians' dreams this year, according to an Environment Canada climatologist.

On Monday, David Phillips said the chances for a snowy Christmas Day in Halifax don't look good, due to temperatures hovering just above or below freezing for the next two weeks.

"You're going to have to do a lot of praying and hoping and dreaming and begging," Phillips said.

"If Christmas was a month later you'd have a much better chance, but nobody's about to move it."

Although Phillips said it's not "game over" just yet, there don't seem to be any



A woman and her dog enjoy a walk in the snow at Long Lake Provincial Park last year. JEFF HARPER/METRO

snow clouds or weather systems on the horizon that could bring at least two centimetres of the white stuff by 8 a.m. on Dec. 25 — his cri-

teria for a white Christmas.

Halifax saw snow on the ground last year, Phillips said, but not the year before, and right now the city has a 45

per cent chance it will snow on Christmas — based on an analysis of the weather records of the past 20 years.

Going back a few decades

to the 1970s and '80s, Phillips said, there was usually a 65 per cent chance of snow on Christmas, but we are a "little warmer" now.

White place, wrong time

The last big Christmas snowfall saw 11 centimetres on the ground in 2011.

It's not so easy to have the right conditions for snow on Christmas Day, Phillips said, and Haligonians will likely see the same thing as residents in Vancouver, Victoria and southwestern Ontario, when they look out their windows to bare ground.

Over the next two weeks, temperatures show highs of 2 and 3 C with lows of -2 C, Phillips said, so if snow came along, it won't stay.

"I don't know where it's going to come from, unless you make it or truck it in," he said.

However, Phillips said the one thing about the Maritimes is a weather system coming in with slightly colder air could bring "a lot" of snow unexpectedly.

Just don't ask him to bet his Christmas presents on it.

"I'd bet a half a loonie," Phillips laughed.

Officials assessing last week's storm damage

It will be at least the end of the month before cost estimates are available in Nova Scotia for the damage caused by heavy rain from a storm that swept across the Maritime provinces last week.

Tracy Barron of the Nova

Scotia Emergency Management Office says once the damage assessment is complete, officials will consider whether it's necessary to ask for help under the federal disaster assistance program.

Dozens of roads were closed following the two-

day storm, mainly along the south shore and in the central and northern areas of the province.

In New Brunswick, Transportation Minister Roger Melanson says there are still about 40 roads and bridges partly or completely closed,

and repairs for the most severe damage may have to wait until spring.

Melanson says it's too early to estimate the cost of the damage, but the damage to Route 933 east of Moncton alone will cost more than \$1 million.

He says the province may apply for federal assistance.

Early estimates in Prince Edward Island place the cost of replacing culverts and repairing roads in the western part of the province at about \$5 million.

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Open roads

The Transportation Department in Nova Scotia says all but two roads that were closed because of the rain-storm have since reopened.



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Ethiopia

'Little Canada' to honour former PM

Brian Mulroney's name and fame could soon be associated with a bus station in a rural Ethiopian village that has come to be known as "Little Canada."

A group of Ethiopian-Canadians in Toronto wants to pay tribute to the former

prime minister by refurbishing and naming a major bus terminal after him. They've launched an online campaign to raise \$50,000 to transform the station in Debre Tsige, a village south of Addis Ababa.

The former prime minister spearheaded government efforts in 1984 to contribute about 10 per cent of all international aid to Ethiopia, ultimately saving many lives.

GILBERT NGABO/METRO IN TORONTO

Fraser Valley

Avian flu detected at another B.C. farm

Federal officials say avian influenza has been detected at a tenth farm in B.C.'s Fraser Valley.

The Canadian Food Inspection Agency has updated its list to include a Langley, B.C., farm housing table-egg layers.

The outbreak in those barns was confirmed Saturday, affecting another 53,000 birds and hiking the total number of poultry to be destroyed up to 233,800.

The H5N2 strain of the disease was first identified on Dec. 1 in Chilliwack and Abbotsford, and has prompted the establishment of a control zone covering the southern half of B.C.

THE CANADIAN PRESS

Washington, D.C.

Canada defends Keystone XL at energy meeting

The Canadian government used an energy summit in Washington to argue for the continued relevance of the Keystone XL pipeline project in the face of plummeting oil prices.

The plunge has buoyed opponents of Canadian oil here who argue that the new normal in oil prices has obliterated the logic supporting the project. But Natural Resources Minister Greg Rickford challenged that argument.

"This kind of price volatility reminds us how fragile the global economy still is and ... how close to home it can still impact us," said Rickford.

THE CANADIAN PRESS

Magnotta's fate is in jury's hands

Slaying of Jun Lin. A Quebec Superior Court judge has instructed the jury on what they need to consider during deliberations

The jurors at Luka Rocco Magnotta's first-degree murder trial were sequestered on Monday after the judge told them what they need to consider as they deliberate his fate.

Magnotta has pleaded not guilty to five charges, including first-degree murder, stemming from the May 2012 slaying and dismemberment of Jun Lin, 33.

Quebec Superior Court Justice Guy Cournoyer's detailed final charge also opened the door to a conviction on second-degree murder or manslaughter on the murder charge.

But if the jury finds Magnotta not criminally responsible, Cournoyer said the verdict must apply to all five charges. It's also the issue he suggested jurors tackle first when deliberations begin Tuesday.

In addition to premeditated murder, Magnotta is charged with criminally harassing Prime Minister Stephen Harper and other members of Parliament; mailing obscene and

indecent material; committing an indignity to a body; and publishing obscene materials.

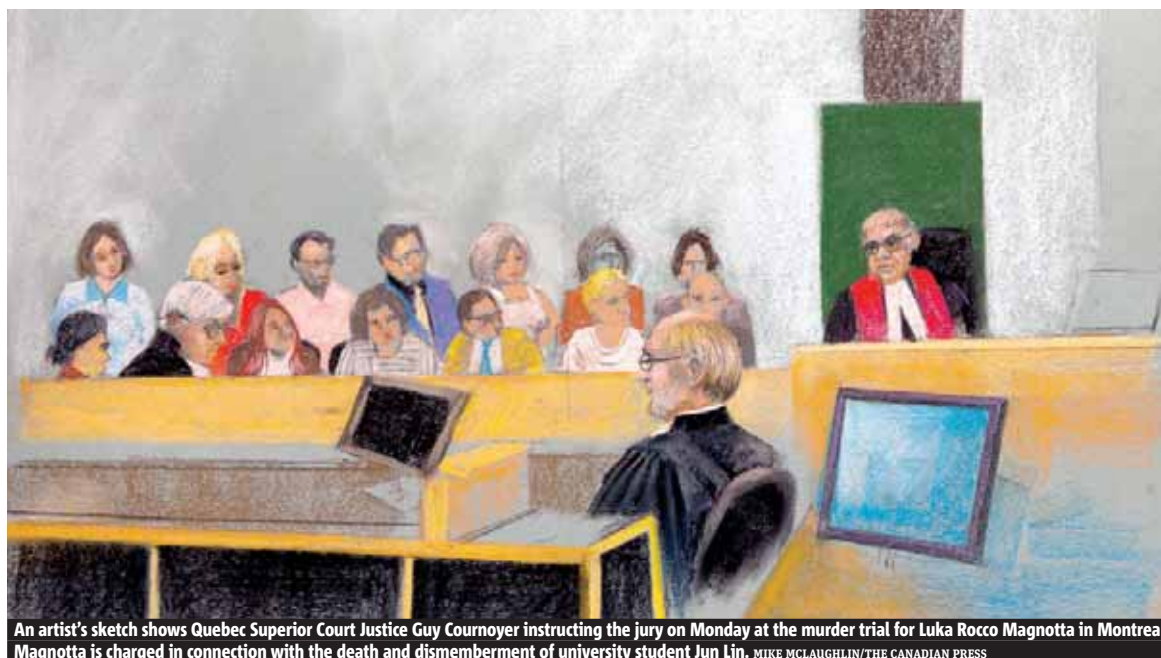
Psychiatrists for the defence testified throughout the trial Magnotta is schizophrenic, was psychotic the night of the slaying and was unable to tell right from wrong.

Crown prosecutor Louis Bouthillier countered there was no mental illness at play and that the crime was planned and deliberate. He has said Magnotta should be found guilty of first-degree murder and the four other charges.

Cournoyer told the jurors they would need to answer two questions for the mental disorder defence to be accepted. Firstly, is it more likely than not Magnotta was suffering from a mental disorder at the time of the offence? And secondly, did the disorder make him incapable of knowing the acts were wrong?

He walked them through the various expert reports, medical documents and testimony they could consider. However, if the answer to either of those questions is no, then Magnotta is not exempt from criminal responsibility, Cournoyer said.

If the jury opts for a verdict of not criminally responsible, Cournoyer told them Magnotta would not be set free if he's considered a significant threat to public safety.



An artist's sketch shows Quebec Superior Court Justice Guy Cournoyer instructing the jury on Monday at the murder trial for Luka Rocco Magnotta in Montreal. Magnotta is charged in connection with the death and dismemberment of university student Jun Lin. MIKE MCLAUGHLIN/THE CANADIAN PRESS

"Paranoid schizophrenia is a disease of the mind but it is for you to decide whether Mr. Magnotta was suffering from paranoid schizophrenia at the time of killing," he said.

"Under our law, the verdict of not criminally responsible by reasons of mental disorder is not a loose term, quite the contrary. There are specific criteria to determine whether the

defence of mental disorder is applicable."

The jury will be required to render a unanimous verdict on each count.

Magnotta has already admitted to the physical acts of the case, meaning the jury will need to determine intent as well as the level of the planning in the slaying.

Cournoyer told them they

must rely solely on the evidence they have heard over 40 days since the trial began in late September.

Magnotta did not testify and didn't meet with a Crown psychiatrist, but the judge said he was not obliged to do so as part of his mental disorder defence.

"You must not infer Mr. Magnotta's guilt from his fail-

ure to testify ... you cannot use his silence at trial as evidence of his guilt," the judge advised.

Among the evidence to consider, Cournoyer said the jury will have to keep in mind that Magnotta's statements given to defence psychiatrists about facts surrounding the events in May 2012 and his own state of mind have not been independently proven. THE CANADIAN PRESS

Danes claim scientific data links North Pole to Greenland

An Arctic expert says an unspoken agreement between Arctic nations on how to divvy up northern seas is all but dead now that Denmark is presenting scientific data that it says gives it a claim on waters past the North Pole.

The claim, which was to be filed with the United Nations in New York on Monday, will force Canada into tough future negotiations on overlapping claims instead of being able to rely on deals worked out in advance, said

Quoted

"It's generally a good thing to negotiate issues when the stakes are relatively small. Once the stakes grow, then you get vested interests and more political possibilities."

Michael Byers, international law professor at University of British Columbia, on future negotiations to settle the boundaries on the sea floor

University of British Columbia international law professor Michael Byers.

"Most people who follow this issue are wishing that we

hadn't arrived at this point, that the gentleman's agreement was going to take care of these matters and set in place a workable agreement

that would have provided stability," Byers said from Novosibirsk, Russia.

Interest in the Arctic is intensifying as global warming shrinks the polar ice and opens up possible resource development, potential new fisheries and new shipping lanes.

The area is believed to hold an estimated 13 per cent of the world's undiscovered oil and 30 per cent of its untapped gas.

Danish Foreign Minister Martin Lidegaard says scientific data shows Greenland's

continental shelf is connected to the 2,000-kilometre-long Lomonosov Ridge beneath the Arctic Ocean. He says that gives Danes a claim to the North Pole and any resources on the sea floor.

The United Nations panel is to eventually decide control of the area. The Danes claim the right to exploit an area of 895,000 square kilometres. The area goes right up to Russia's exclusive economic zone 370 kilometres off its shoreline. THE CANADIAN PRESS

Canada's claim

Last December, Canada surprised its Arctic neighbours when it made its own filing under the United Nations Convention on Law of the Sea. It said the Arctic component, widely expected to stop short of the North Pole, wasn't complete and that it would include data backing up a claim that would include the Pole and waters beyond.

Sydney hostage siege: 3 killed in raid

Lindt Chocolat Café.

The deadly siege began in the most incongruous of ways, on a sunny Monday morning inside a cheerful café in the heart of Australia's largest city. An Iranian-born gunman burst in, took 17 workers and customers hostage, and forced some to hold a flag with an Islamic declaration of faith above the shop window's festive inscription of 'Merry Christmas.'

It ended after midnight with a barrage of gunfire that left two hostages and the gunman dead, four others wounded, and a nation that has long prided itself on its peace rocked to its core.

After waiting 16 hours, police decided to storm the Lindt Chocolat Café early Tuesday when they heard a number of gunshots from inside, said New South Wales state police Commissioner Andrew Scipione.

Man Haron Monis

The gunman was known to authorities.

- Last year, he was convicted and sentenced to 300 hours of community service for using the postal service to send offensive letters to families of soldiers killed in Afghanistan.
- Monis was charged with being an accessory to the murder of his ex-wife. Earlier this year, he was charged with the sexual assault of a woman in 2002. He has been out on bail on the charges.

A loud bang rang out, several hostages ran from the building and police swooped in amid heavy gunfire, shouts and flashes.

A police bomb disposal robot was sent into the building, but no explosives were found.

"They made the call because they believed that at that time, if they didn't enter, there would have been many more lives lost," Scipione said.

The gunman was identified as 50-year-old Man Haron Monis, who had been prosecuted in the past for sending offensive letters to families of Australian troops killed in Afghanistan.

Prime Minister Tony Abbott said Monis had "a long history of violent crime, infatuation with extremism and mental instability."

Scipione wouldn't say whether the two hostages who were killed — a 34-year-old man and a 38-year-old woman — were caught in crossfire, or shot by their captor. Among the four wounded was a police officer, shot in the face.

"Until we were involved in this emergency action, we believe that no one had been injured. That changed. We changed our tactic," he said.

An investigation into the incident was underway.

THE ASSOCIATED PRESS



Man Haron Monis, identified as the gunman inside the Lindt Café in Martin Place, speaks to media in this April 2011 photo after a pretrial hearing in Sydney where he was accused of sending offensive letters to families of soldiers killed in Afghanistan. DEAN LEWINS/THE ASSOCIATED PRESS

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French President Francois Hollande, right, with History of Immigration Museum's General Director Luc Gruson, second right, looks at an exhibition during a Monday visit to the History of Immigration Museum. Hollande has applauded the contributions of immigrants to France, despite opposition from the anti-immigrant far right. YOAN VALAT/THE ASSOCIATED PRESS

Hollande praises France's diversity

Immigration. As far-right groups promote homogeneity, the French President champions inclusive policy to ensure dignity

Quoted

"There are those who dream of a little France ... a France turned inward. We must fight against these (ideas) in the name of France."

French President Francois Hollande

French President Francois Hollande on Monday praised the contributions that immigrants have made to France and criticized those generating fear of foreigners, an apparent reference to the growing voice and influence of the far-right National Front.

In his first speech about immigration since taking office in 2012, Hollande said an immigration policy is necessary to ensure both "dignity" for those it welcomes, and a cap on how many can be accepted.

He bemoaned the fact that acts of anti-Semitism and racism are on the rise in France and that some fear the "disappearance" of France, a reference to claims by the National Front and others that Islam will one day take over French civilization. Hollande noted that one in four French have at least one foreign ancestor.

"There are those who dream of a little France ... a France turned inward," Hol-

lande said. "We must fight against these (ideas) in the name of France."

Hollande spoke at the inauguration of the National Museum of the History of Immigration, which opened seven years ago but without a formal inauguration by then-President Nicolas Sarkozy. The delay is a sign of how contentious the subject of immigration is in France, which has the highest Muslim and Jewish populations in western Europe.

The conservative UMP party of former President Nicolas Sarkozy quickly criticized Hollande's long wait to address immigration. As president, Sarkozy made reducing immigration a major policy focus. Now trying to make a political comeback, he said in a recent speech that immigration "threatens our way of life."

THE ASSOCIATED PRESS

Germany. Merkel warns against anti-Islam rhetoric

Chancellor Angela Merkel warned Germans Monday not to be duped by far-right rhetoric amid concern about the growing number of anti-Islam demonstrations in the country.

A group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, has staged weekly rallies in the eastern city of Dresden that have attracted thousands of supporters. Some 10,000 protested last week, and police said about the same number were on hand again Monday night.

"There's freedom of assembly in Germany, but there's no place for incitement and lies about people who come to us from other countries," Merkel



German Chancellor Angela Merkel
THE ASSOCIATED PRESS

told reporters in Berlin. "Everyone (who attends) needs to be careful that they're not taken advantage of by the people who organize such events."

THE ASSOCIATED PRESS

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Fad. S. Korea goes nuts for macadamias

South Korean retailers are experiencing a boom in sales of macadamias after nut rage imploded the career of a Korean Air Lines executive and embarrassed her family and country.

The flavourful macadamia nut was unfamiliar to many South Koreans until Cho Hyun-ah, the daughter of Korean Air's chairman, ordered a flight attendant off a Dec. 5 flight from New York City after she was served them in a bag, instead of on a plate.

Macadamias are now a household name in South Korea, and with curiosity about their taste piqued, sales are booming.

Auction, a South Korean unit of eBay and South Korea's second-largest e-commerce website, said Monday that sales of macadamias surged nearly 12-fold during the previous five days without any promotions. It said macadamias previously made up five per cent of its nut sales but were now accounting for almost half.

THE ASSOCIATED PRESS

Halal beef supplier misled Muslims: U.S.

Indictment. Iowa company allegedly misled customers about slaughter methods

A food supplier for several years falsely marketed beef to Muslims around the world as meeting strict halal standards, exporting products that weren't slaughtered in accordance with Islamic law, U.S. federal prosecutors allege in a major fraud indictment.

Midamar Corp., based in Cedar Rapids, Iowa, sold at least \$4.9 million US in beef to customers in Malaysia, Kuwait, United Arab Emirates and elsewhere that did not follow the halal practices promised in its labelling and advertising, according to the indictment returned Dec. 5 by a grand jury.

Midamar and its direc-



Bill Aosey Jr., company founder, poses for a portrait in front of an image of Damascus, at Midamar Corp. in Cedar Rapids, Iowa, in this Sept., 2010 file photo. MARY WILLIE/THE DES MOINES REGISTER/THE ASSOCIATED PRESS FILE

tors, brothers Jalel and William (Yahya) Aosey, are charged with conspiring to make and use false statements and documents, sell misbranded meat and commit mail and wire fraud.

Also indicted is another company the brothers controlled, Islamic Services of America, which is one of the few organizations approved by Malaysia, Indonesia, Kuwait, Saudi Arabia and UAE

to certify beef for import into their countries. The defendants are charged with 91 other counts of making false statements on export certificates, wire fraud and money laundering.

Midamar's founder, 73-year-old William Aosey Jr., pleaded not guilty to similar charges last week. His sons, ages 40 and 44, were scheduled to be arraigned Monday in federal court in Cedar Rapids.

Midamar issued a statement calling the charges a violation of the U.S. constitution's separation of church and state, saying it was inappropriate for the government to judge halal practices. The company said its slaughter methods have been vetted by halal auditors during its 40-year history and the "company continues to maintain its high level of halal integrity."

THE ASSOCIATED PRESS

Australia

Uber backtracks after price hikes

The ride-sharing company Uber was promising free rides and refunds Monday for people fleeing central Sydney, after coming under fire for hiking prices during a hostage crisis that was unfolding there.

Technology news website Mashable reported that Uber was briefly charging customers a minimum fare of 100 Australian dollars (\$82 US) and four times the usual per-mile rate to leave the city centre.

THE ASSOCIATED PRESS

Impacting work

Banker dodged rail fares for 5 years

A London banker has been banned from working in the financial services industry after he was caught dodging rail fares. The Financial Conduct Authority (FCA) said in a statement Monday that Jonathan Burrows has been banned for not being "fit and proper."

Michelle Ulyatt, a Southeastern spokeswoman, said the company believed Burrows was dodging fares for up to five years.

THE ASSOCIATED PRESS

Lawyer

Don't publish hacked info: Sony

A lawyer representing Sony Pictures Entertainment is warning news organizations not to publish details of company files leaked by hackers in one of the largest digital breaches ever against an American company. THE ASSOCIATED PRESS

Market Minute

DOLLAR
85.79¢ (-0.63¢)

TSX
13,705.14 (-25.91)

OIL
\$55.91 US (-\$1.90)

GOLD
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Natural gas: \$3.73 US (-\$0.20)
Dow Jones: 17,180.84 (-99.99)

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StatsCan. Household debt climbs to record levels

A sustained period of low interest rates has allowed Canadians to rack up record levels of debt which, along with tumbling oil prices, pose a threat to the country's financial stability, economists say.

The total amount of credit market debt — which includes mortgages, non-mortgage loans and consumer credit — held by Canadian households hit a record high in the third quarter, climbing to 162.6 per cent of disposable income from a revised 161.5

per cent in the second quarter.

That means Canadians owed about \$1.63 for every dollar of disposable income, according to the latest figures from Statistics Canada.

"The recent collapse in oil prices (is) likely to have an adverse effect on Canada's growth over the next year, and particularly on incomes in oil-producing regions," Leslie Preston, an economist at TD Economics, said in a note.

THE CANADIAN PRESS

Critics. Lehman Brothers' lessons might be fading

Six years after the collapse of Lehman Brothers, the lessons of the financial crisis may already be fading from collective memory in the U.S.

Just last week:

— Congress acted to loosen the regulation of the high-risk investments that ignited the 2008 crisis.

— Housing regulators cut minimum down payments on home loans.

— The Institute of International Finance declared it "worrisome" that global

indebtedness, as a share of world economic output, has reached record levels.

All this comes as subprime auto loans for financially stretched buyers are surging. And the so-called too-big-to-fail banks that needed a taxpayer bailout in 2008 now loom even larger than before the crisis: America's five biggest banks account for 44 per cent of bank assets, up from 38 per cent in 2007, according to SNL Financial.

THE ASSOCIATED PRESS

VOICES

THE NEW FACE OF FEMINISM

Metro's Kristen Thompson looks at high-profile young feminists, such as recent Nobel Prize-winner Malala Yousafzai, who are taking a cause traditionally championed by adults and inspiring those in their cohort to effect change



KRISTEN THOMPSON
kristen.thompson@metronews.ca

There's a new face to feminism these days. It's a youthful face, made up of girls fighting for women's rights before they've become women themselves.

Consider Malala Yousafzai, who has just become the youngest person to receive the Nobel Peace Prize. She was only 11 years old when she became a vocal activist for the universal right to education.

Her rallying cry for children's and girls' equality is aimed at policy-makers. But, by virtue of her age, she's inspiring fellow children.

It was girls who clutched photos of Malala at a school assembly in Pakistan to celebrate her Nobel Prize. Her autobiography is available in a young reader's edition to make her story more accessible to a younger audience.

Everywhere you look these days, girls' rights campaigns are aimed at, well, girls. There's Plan Canada's Because I Am A Girl movement. There's Fbomb.org, which connects teens concerned with gender equality. There's TeenFeministBlog, run by high-schooler Jules Spector, a teen advisor for the UN's Girl Up campaign.

And there are high-profile feminists such as Demi Lovato, Lorde and Emma Watson, the latter of whom recently gave an

eloquent and rousing speech to the UN on the topic of gender equality.

Megan Boler, a professor of media and education at OISE-University of Toronto, notes there has been a profound shift in the perception and popularity of gender issues and that young people are, in large part, a driving force.

She attributes this shift to several factors, including Hillary Clinton's 2008 presidential run, which ignited discussions about women in politics; young women's involvement in the Occupy movement; the Slut Walk protests; and increased discussions about cyberbullying in light of the suicides of several teen girls who were bullied by classmates.

"There's something about feminism that's being rekindled and reclaimed," says Boler. "Generational divides will not discourage young women from getting involved. I'm seeing it with my own nieces. They bring up issues about sexism in the media and gender roles."

"If we see role models of all different ages, then the hope-

ful implication is that 'feminist' stops becoming this bad word and ... that it's cool at all ages to engage in working for gender equality."

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

This new era is teaching our girls they don't need to look solely to adults to fight for them; they are empowered to fight for their own rights to education, safety and sexual freedom.

Whether these girls grow up to be the next Gloria Steinem or Germaine Greer remains to be seen. But whether they create change through politics and activism or simply through the way they treat each other, they will have made a difference.

This didn't start with Malala. But she's been a huge catalyst. The impact of that brave, inspiring girl will have a ripple effect that will be felt by girls as they grow into women. This is Malala's legacy.



Clockwise, from top: Despite being shot by the Taliban for expressing her views, Malala Yousafzai is championing the rights of girls to go to school; Singer Lorde is confident and outspoken and openly identifies as a feminist; Demi Lovato is an advocate for women's health and anti-bullying campaigns and is open about her struggles with negative body image; Emma Watson is the UN Women Goodwill Ambassador. ALL PHOTOS GETTY IMAGES

Fourth-wave feminism

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

Girls learning that feminism is unfinished business: Prof

Metro talked to Dr. Joan Simalchik, a professor in gender studies at the University of Toronto, about how feminist role models are getting younger.

Is there a new trend of young feminists championing for girls' rights?

Yes. Many in this generation of young people ... begin with an understanding that the goals of feminism are pretty well reached, but

when they venture out, they see that full equality is far from their reality.

Violence is still very present. Pay equity has not been achieved, and child-care is often not available or affordable. Women still are responsible for much domestic labour and family caregiving. When they see popular figures such as Emma Watson speak out, their own feelings are validated. And when they learn

about Malala Yousafzai's bravery, they are inspired to exercise whatever agency they can muster.

What are the implications of this trend?

When their expectations clash with reality, they look to make change. You can see this in the public initiatives young women have organized. The York University students who founded Slut Walk are a good example. Because

violence is so prevalent, this campaign has resonated widely.

Why is this important?

Because there is unfinished business along with contemporary issues like cyberbullying. The National Film Board has a new film with that name: The Unfinished Business of Feminism in Canada.

Is feminism changing

from one generation to the next? Each generation responds in their own culturally available way to their own particular context. This generation for instance uses social media in ways that far outpace previous networking options. Beyond the form, the content of their feminism is far more diverse.

They see the intersection between race, class and gender clearer. They

have responded to the Idle No More message and have taken up the demands for an end to violence against indigenous women. Feminism has changed — from time to time and from place to place. While my students love to learn about Nellie McClung's Mock Parliaments staged to gain voting rights for women, none of them, myself included, would identify as suffragettes. **KRISTEN THOMPSON/METRO**



Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Lindsay Lohan vows to never return to Hollywood

She's thought long and hard about it, and Lindsay Lohan is through with Hollywood.

"I won't live in L.A. again, hell no," she tells the Observer in a lengthy interview.

"My friends tell me — when they come over I don't want to hear. I don't even know who got married and who got pregnant. You turn on the news in L.A. and it is all gossip about people. All the stuff that is going on in the world right now and this gossip is the news? I love the BBC. I haven't heard myself mentioned on TV since I have

been here. That has been really weird for me, and great."

So there you go. The secret to keeping Lindsay Lohan away is to constantly mention her.

I'd like to take this time to announce that Ms. Lohan will feature into every single thing I write from now on.

Ahem. Also of note? Lohan seems to suggest her past issues with excessive partying that got her into so much trouble weren't really her own fault, but more the fault of her friends and their lack of creativity when it came to social activities. Well, them and the

paparazzi.

"In L.A. I didn't know what to do apart from go out every night. That's when my friends were free. And I would go out and there would be all these cameras there and that's when it became difficult," she explains. "I can go for a run here on my own. I do every morning, early, and I think how my friends in New York would still be up partying at that time. I needed to grow up, and London is a better place for me to do that than anywhere else." Congratulations, London. She's all yours.

Lisa knows not to let it all out in email

While Sony has been busy siccing its lawyers on publications and sites that have been gleefully disseminating details from the massive hacker-fuelled info dump, a lot of the damage has already been done — and people have opinions about it!

Among those people? Former Friends star Lisa Kudrow, who is more disappointed in the execs for not understanding how a life online works than anything else. "How come I know you don't write anything you don't want

broadcast in an email? How come I know that? Who's advising (these) people?" the Comeback star blasted during a HuffPost Live chat. "It doesn't matter how many times (an email) says, 'This is confidential, meant for just between the sender and the recipient.' Why don't we know that there are no rules? Everything is broadcast and published. That's the part I just don't understand."

She says that now, but just wait until the contents of her Amazon wish list are made public.

Lisa Kudrow



Forget the ice bucket: Samuel L. Jackson wants celebs to sing

Pulp Fiction star and Marvel mainstay Samuel L. Jackson has a new challenge for celebrities who helped make the ALS Ice Bucket Challenge so successful this summer. He wants them to use that social media power to raise awareness about the protests happening around the U.S. following a New York grand jury's decision not to indict a police officer in the choking death of Eric Garner. "All you celebrities out there who poured ice water on your head, here's a chance to do something else," Jackson says in a video posted to Facebook.



Samuel L. Jackson

"I challenge all of you to sing the We Ain't Gonna Stop Till People are Free song."

Jennifer Aniston is sick of the baby speculation

Speaking of Friends, Kudrow's old co-star — and newly minted Golden Globe nominee — Jennifer Aniston is taking a stand against the near-constant tabloid cycle of speculation about her plans for a family. "I don't like (the pressure) that people put on me, on women — that you've failed yourself as a female because you haven't procreated. I don't think it's fair. You may not have a child come out of your vagina, but that doesn't mean you aren't mothering — dogs, friends, friends' children," she tells Allure magazine. "I have a lot of friends who decided not to have children, who can't have children, or are trying but are having a difficult time. There's all sorts of reasons why children



Jennifer Aniston

aren't in people's lives, and no one has the right to assume. It's quite rude, insulting and ignorant."

At just 25, Taylor gets her own retrospective

Los Angeles' Grammy Museum unveiled a brand new exhibit this weekend called The Taylor Swift Experience, full of guitars, clothing, news clippings, old journals and general detritus culled from the 25-year-old's brief, but hugely successful, music career. While it may seem odd to have a retrospective museum exhibit for someone just barely born in the '80s, keep in mind that most of the instruments and costumes on display are from the recently abandoned country music part of career, so she wasn't using them anymore anyway. Also in the exhibit? One of her

Grammys, as Swift has already won so many that she could spare one for the exhibit. Assuming, that is, she even notices it's gone.

Taylor Swift



The next wave of soul, grunge and pop stars

This time last year, Sam Smith — now a six-time Grammy nominee — was just beginning to gain attention, and Banks' acclaimed debut album *Goddess* was still more than a half-year away. What artists are next in line for a breakout year come 2015?

scene@metronews.ca



Black Honey

Not much is known about the Brighton band Black Honey, whose music so far consists of a handful of demos. Those demos, though, are promising — powerful female vocals over lush, surf-rock instrumentals. Listen to: *Sleep Forever*

Låpsley

Success is coming quickly for teenage soul-folk singer-songwriter-producer Holly Fletcher, a.k.a. Låpsley. Shortly after debuting on the scene, the Liverpool native signed to XL Recordings, home of Adele and The xx, and she's got a debut EP, *Understudy*, due Jan. 5. Listen to: *Falling Short*



Josef Salvat

You likely know this Australian-born, London-based singer from his stripped-down take on Rihanna's *Diamonds*. He released the EP *In Your Prime* in 2014 and he has a debut album of his soulful electro-pop on the way. Listen to: *Open Season*

Vérité

New York's Vérité came onto the scene in July with her pure, punchy alternative pop. She released a debut EP, *Echo*, in October, and we look forward to what 2015 will bring. Listen to: *Strange Enough*



Wolf Alice

Another hotly tipped band that's already achieved some fame through live shows, especially in their native U.K. The grunge rock band from London debuted in 2013 with the single *Fluffy* and just put out an EP, *Creature Songs*, in May. Listen to: *Moaning Lisa Smile*

Others to watch

- **Ryn Weaver.** New York/L.A.-based Ryn Weaver released her first pop single in June to viral success. Listen to: *OctaHate*.
- **James Bay.** The British singer-songwriter has had a noteworthy 2014 in the U.K., and earned the promising Brits Critics' Choice award. Listen to: *Hold Back the River*.
- **Shura.** London singer Aleksandra Denton, a.k.a. Shura, has won over many critics with her cutting-edge synth-pop evoking '80s and '90s greats such as Madonna. Listen to: *Touch* **AFP**



Stevie Wonder **AFP**

Grammys to honour Stevie with special 2-hour tribute

Music. Celebration for Motown legend will be recorded Feb. 10 in Los Angeles and aired on CBS on Feb. 16

The Grammys will pay tribute to Stevie Wonder with a special performance after the annual award night.

Organizers announced a two-hour show in the Motown legend's honour to be recorded on Feb. 10 at the Nokia Theatre in Los Angeles,

two days after the awards.

Jack Sussman, an executive at CBS, which will broadcast the tribute on Feb. 16, said the show will "give everyone he's inspired a chance to show our esteem."

"His music is as poignant as it is appealing and his songs have the ability to illustrate our world in every note," he said.

The show follows the model of a special that accompanied the awards last February to celebrate 50 years since the Beatles arrived in the United States. **AFP**

Grammy success

Stevie Wonder, the 64-year-old visually impaired artist, has won 25 Grammys, including the prestigious Album of the Year in 1974, 1975 and 1977. The 1977 Grammy was for his seminal double album *Songs in the Key of Life*, which featured hits such as *Isn't She Lovely* and *I Wish*. Wonder embarked on a short tour last month in which he is playing the double album.

Nibbler Domestic Short Hair

Eight-year-old Nibbler was minding his own business as a happy house cat when his owner left him with a neighbour and then disappeared. He enjoys visitors and likes to bump you with his head for a scratch around his ears and forehead. He is a little sensitive about being petted elsewhere so you may need a slow approach getting to know him. Considering he was abandoned by the person he trusted and thought was taking care of him forever, Nibbler can be forgiven for being sensitive. **He is ready for his new home where he will be appreciated and loved for the beautiful boy he is...**



For more information on **Nibbler** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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Twelve days of meditation

De-stress. OK, there's technically only nine days left until Christmas, but while you're decking the halls (and braving the mall) find inner calm

GABBY BERNSTEIN
Metro in New York City

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?"

We're all busy, especially in December, but with these seven steps we can all make time to meditate.

We all have a minute to spare

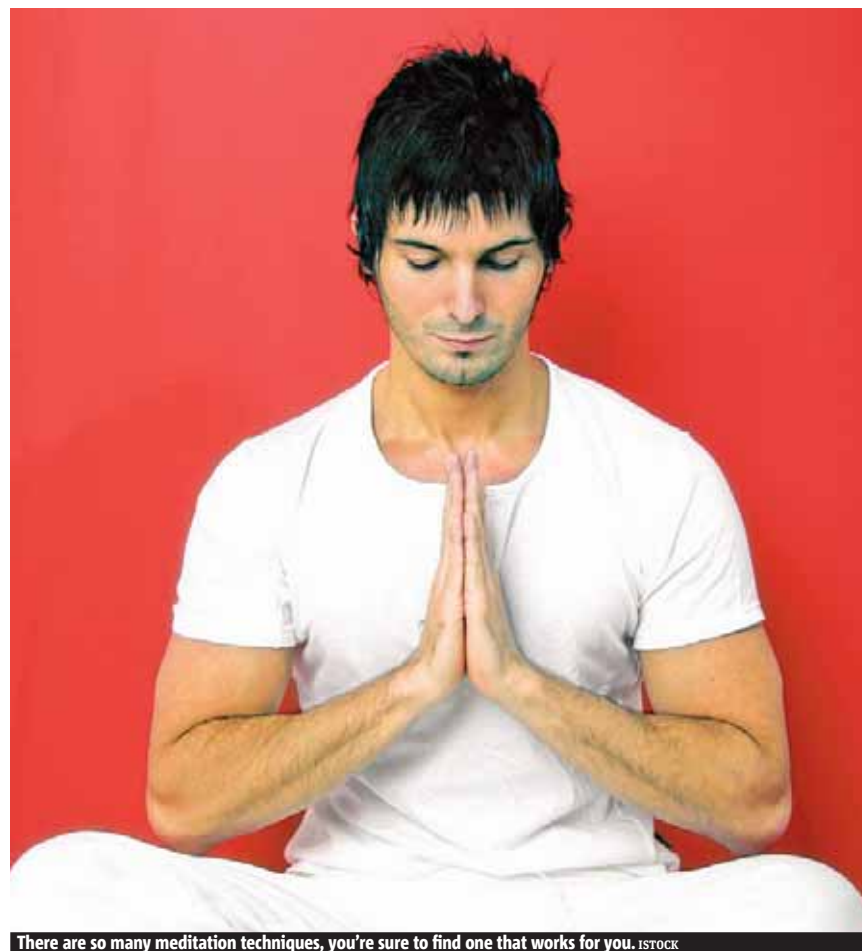
One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for five seconds, hold your breath for five seconds, release for five seconds, hold for five seconds

Peace is in your pulse

Meditation can be as simple as finding your pulse. This one is easy for meditation newbies. A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your



There are so many meditation techniques, you're sure to find one that works for you. ISTOCK

left wrist over your pulse. The fingers are in a straight line, lightly pressed on the wrist so you can feel your pulse in each fingertip. On each beat of your pulse, mentally hear the sound of sat nam.

This meditation can be done any time, anywhere, and you can experience great benefits in just one minute. Practise it daily to develop your intuition and calm your mind.

Peace begins with you

This technique is a fantastic Kundalini meditation that's fast, easy and effective.

Gently press your thumb against your other four fingers individually, and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this technique

in line at the bank, under the desk in an office meeting or in the middle of a fight with your partner. This technique will get you through all kinds of crazy emotions and help you release resentment fast.

Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for crea-

tivity and helps you detach from your day. Next time you feel stressed out after a long day, cook a meal. Use your time in the kitchen to redirect your focus from your to-do list and onto serving your soul. Enjoy the process, and then enjoy the meal!

Walking meditation

You can find a meditative moment even when you're walking. The next time you're running an errand or walking to your office, make it meditative.

- Take a deep breath with every step.
- Feel your feet and focus on being more grounded with each step.
- Use a mantra while you walk. With each step, recite these words: "I am calm now."

A great place to try walking meditation is when you're in a crowded mall frantically finishing your holiday shopping.

Take a five-minute tech break

One of the main reasons we're so stressed is because of technology we are always carrying with us. Give yourself a five-minute tech break once a day.

Use that five minutes to practise one of the meditations you've learned here. Use your one-minute breath, go for a walking meditation or find peace in your pulse. Turn off your phone, step away from the computer and create space for stillness.

Use these steps to bring more meditative moments into your day and get your zen on well into the New Year!

GABBY BERNSTEIN IS A CERTIFIED KUNDALINI YOGA AND MEDITATION TEACHER. SHE IS ALSO TRAINED IN THE EMOTIONAL FREEDOM TECHNIQUE AND IS A STUDENT OF TRANSCENDENTAL MEDITATION.

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TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

101.3 THE BOUNCE

- 6 Mark Ronson ft Bruno Mars
Uptown Funk!
- 5 Jason Derulo
Trumpets
- 4 Selena Gomez
The Heart Wants What it Wants
- 3 Sam Smith
I'm Not The Only One
- 2 Taylor Swift
Blank Space
- 1 Nick Jonas
Jealous

1013TheBOUNCE.com | info@1013thebounce.com

Dip your way to being the trendiest hostess

Spinach Bread Spread.

These dippable suggestions will make holiday entertaining (or gifting) a lot easier



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Holiday parties are a perfect time for dips and flatbreads. You can certainly buy all kinds of dips that will do the trick but they may contain more mayo and salt than anything else.

It really doesn't take much to mix a few items together to bump up the healthy factor, not to mention bragging rights that it is homemade!

Consider making large batches and using jars to deliver them as hostess gifts. Just be sure to let your host know that it isn't actually "canned" and must be refrigerated. Or better yet, put it out for other guests now so you can shine in your own little spotlight when people "oooh" and "ahhh".

Try these combos, tweak ratios to get the texture,



**TOTAL
TIME
ABOUT 5
MINUTES**

This recipe serves 24. THERESA ALBERT

Ingredients

- 1 10-oz package frozen chopped spinach thawed
- 1 8-oz can artichokes
- 1 cup plain Greek yogurt
- 1/2 cup low-fat cream cheese
- 1/2 cup fresh parsley
- 1/2 cup chopped green onions
- 1 clove garlic, pressed
- 1 tsp dried oregano
- Salt and pepper

thickness and intensity that you would like. These are foolproof combos, you can't mess them up!

Apple chutney: Apple pie filling, curry powder, sesame oil

Tzatziki: Greek yogurt, grated cucumber (squeezed dry), garlic, salt

Blue cheese dip: Greek yogurt, blue cheese, grainy mustard, garlic powder

Artichoke and Asiago: In blender, pulse one can artichokes, grated Asiago, Greek

yogurt, garlic, dill.

Warm chèvre and cranberry dip: Whole cranberries, orange juice, honey, cooked and cooled. Stir in goat cheese, serve warm.

Things to spread and dip have come a long way, too! Flatbreads are all the rage, both soft and crispy. Look for Ethiopian Teff bread called Injera. It's considered

a kitschy throwback to include good old saltines and crackers with the higher end, cooler options. But if you try to pull that off on its own, be prepared for some foodie bullying.

Spinach Bread Dip

With the right chewy bread, this could be a whole meal! But do share at a party, it takes seconds to whip up, but fills you up and nour-

ishes at the same time.

1. Drain spinach and squeeze dry. Blend all ingredients in a blender. Serve warm (heated in oven or microwave) or cold from fridge with chewy bread.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe makes 16 appetizers. MATTHEW MEAD/ THE ASSOCIATED PRESS

An on-demand appetizer base

Planning for a crowd this holiday season? Grab a box of woven wheats.

That's the generic name for

Ingredients

- 16 dates, pitted
- 3 ounces manchego cheese, cut into wedges (each about the size of half a date)
- 16 Triscuit crackers
- 8 slices bacon, each cut in half crosswise
- Ground black pepper

Triscuits — those woven-wheat crackers that are delightfully salty-crunchy-savoury.

They are a perfect on which to build any number of crowd-pleasing holiday appetizers at the last minute.

Top the crackers with slices of cheddar and an anchovy. Or try Parmesan and strawberry jam. Then you could experiment with fresh goat cheese, a dried apricot and fresh chives.

Go Mediterranean with slices of salami, sun-dried tomato and manchego cheese, French with brie and fig jam

and a hunk of ham. You get the idea.

To help get you rolling, here is a simple recipe for a really tasty variant of this holiday entertaining appetizer. But you really should take it in any direction that inspires you.

Triscuits with Dates and Bacon

1. Heat oven to 400 F. Line a rimmed baking sheet with foil.

2. Use a paring knife to cut open the dates, remove the pit (if necessary), then wedge

a chunk of cheese into each. Set each date on a cracker, then wrap half a slice of bacon around the entire thing, overlapping the ends of the bacon on the underside of the cracker.

3. Arrange the assembled crackers on the prepared baking sheet. Sprinkle with pepper, then bake for 10 to 15 minutes, or until the cheese is melted and the bacon is starting to crisp. Cool slightly before serving.

THE ASSOCIATED PRESS



The Penguins' Simon Despres hits Brian Boyle of the Lightning on Monday night in Pittsburgh. DANIEL KUBUS/GETTY IMAGES

Black and blue Pens make do vs. Bolts

NHL. Pittsburgh keeps trucking without likes of Crosby and Kunitz

Marc-Andre Fleury stopped 28 shots, Bryan Rust and Brian Dumoulin scored their first NHL goals and the Pittsburgh Penguins beat the Tampa Bay Lightning 4-2 on Monday night.

Brandon Sutter added a short-handed goal and Steve Downie had a goal and an assist as the Penguins beat the Light-

On Monday

4

Penguins

2

Lightning

ning for the 10th straight time.

Pittsburgh captain Sidney Crosby missed his third straight game due to mumps, though he is expected to return later in the week.

Jonathan Drouin and Nikita Kucherov scored for Tampa Bay. Lightning goalie Ben Bishop left after the first period with a lower-body injury and did not return. Evgeni Nabokov made 18 saves in two periods and took the loss.

The Penguins have managed to remain atop the Metropolitan Division despite a slew of setbacks for several regulars, including Crosby, Beau Bennett, Chris Kunitz, Olli Maatta and Pascal Dupuis. Bennett, already out with a lower-body injury, spent Monday in isolation

while the team waited for test results to indicate whether he is the latest NHL player to come down with mumps.

The myriad personnel issues has forced coach Mike Johnston to get creative. Pittsburgh started acquired forward Rob Klinkhammer — acquired from Arizona earlier this month for depth — on the top line with Evgeni Malkin and Blake Comeau. Monday's lineup included the likes of youngsters like Rust, Dumoulin, Andrew Ebbett and Bobby Farnham. **THE ASSOCIATED PRESS**

QMJHL

Herd's Gadoury named second star of the week

Halifax Mooseheads forward Philippe Gadoury is shining brightly.

The Quebec Major Junior Hockey League has named the 20-year-old centreman second star of the week for Dec. 8 to 14, a news release said Monday.

Gadoury, from Greenfield Park, Que., notched six points in two games against the Quebec Remparts and Acadie-Bathurst Titan, including three goals with a plus-5 rating.

Forward Alexandre Ranger of the Chicoutimi Saguenéens received first-star honours, while goalie Alexandre Bélanger of the Rouyn-Noranda Huskies was named third star of the week.

KRISTEN LIPSCOMBE/METRO

Coaching change

Hapless Oilers give Eakins the boot

Edmonton Oilers general manager Craig MacTavish sacked head coach Dallas Eakins on Monday, saying while Eakins is taking the fall for mounting losses, he isn't solely to blame for another dismal NHL season.

"There's blood all over my hands in this, too, as well, because I put the lineup together and the roster," MacTavish said.

MacTavish will take over as head coach before handing the reins to Todd Nelson, who is being promoted to interim head coach from Edmonton's AHL affiliate in Oklahoma City. **THE CANADIAN PRESS**

McDavid gets green light to practise in full



Connor McDavid has been cleared for contact and started practising with the rest of the Canadian team in St. Catharines, Ont., Monday. VAUGHN RIDLEY/GETTY IMAGES

Connor McDavid shrugged off the latest sign of progress in his return from a broken bone in his right hand.

The junior hockey star has been cleared for contact and has started practising with the rest of his Canadian world junior teammates. That came as no surprise to McDavid, who expected to be at this point in his recovery all along.

"It's kind of been the plan for a while now," McDavid said. "The last checkup was a couple Tuesdays ago, and that's kind of been the plan

Potential linemates

McDavid appeared to fit in seamlessly Monday skating between Nic Petan and Robby Fabbri on the second line. Sam Reinhart centred the veteran first line between Max Domi and Anthony Duclair.

from Day One, was to start contact on this date."

The plan has McDavid on track to be healthy and ready

to go when Canada opens the tournament Dec. 26 against Slovakia in Montreal. But shedding the yellow no-contact jersey and getting through a full practice was an important step toward that goal.

"How did they feel? Do they look confident on the ice when they skate, do they have poise with the puck, do they seem to have chemistry out there?" head coach Benoit Groulx said. "When you look at Connor today, I thought he had all that, and it is good to see that." **THE CANADIAN PRESS**

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

It may seem as if someone has taken advantage of your kindly nature but could it be you are overreacting? Even if they have been less than honest has it done any harm?

Taurus

April 21 - May 21

The next 24 hours will be hectic. If you find yourself rushing all over the place but not getting much done you should take that as a sign that you have lost control.

Gemini

May 22 - June 21

Don't bite off more than you can chew today, especially if you are trying to impress important people. The best way to influence them is to be yourself.

Cancer

June 22 - July 23

This could be a lucky day for you, especially if you are prepared to overcome your own cautious nature and take a risk of some kind.

Leo

July 24 - Aug. 23

If you give the impression that you are anxious for success you could attract the attention of those who know how to play on your greed.

Virgo

Aug. 24 - Sept. 23

A loved one will be a little too emotional today but if you want some peace you are going to have to help them deal with their issues.

Libra

Sept. 24 - Oct. 23

You don't have to explain your motives or your actions to anyone. If someone demands to know what you are doing just tell them to mind their own business.

Scorpio

Oct. 24 - Nov. 22

The more others say something cannot be done the more determined you will be to prove them wrong. Just be careful you don't take on something that is beyond even your formidable powers.

Sagittarius

Nov. 23 - Dec. 21

If you let your emotions get the better of you today you will most likely regret it later in the week. However bad something may be, it isn't worth getting worked up.

Capricorn

Dec. 22 - Jan. 20

Anyone who expects you to stay in one place today is going to be disappointed. You will rush, maybe with no idea of where you're going.

Aquarius

Jan. 21 - Feb. 19

The atmosphere will be a bit tense today. That could spell trouble if you are the type of person who relieves tension by spending money.

Pisces

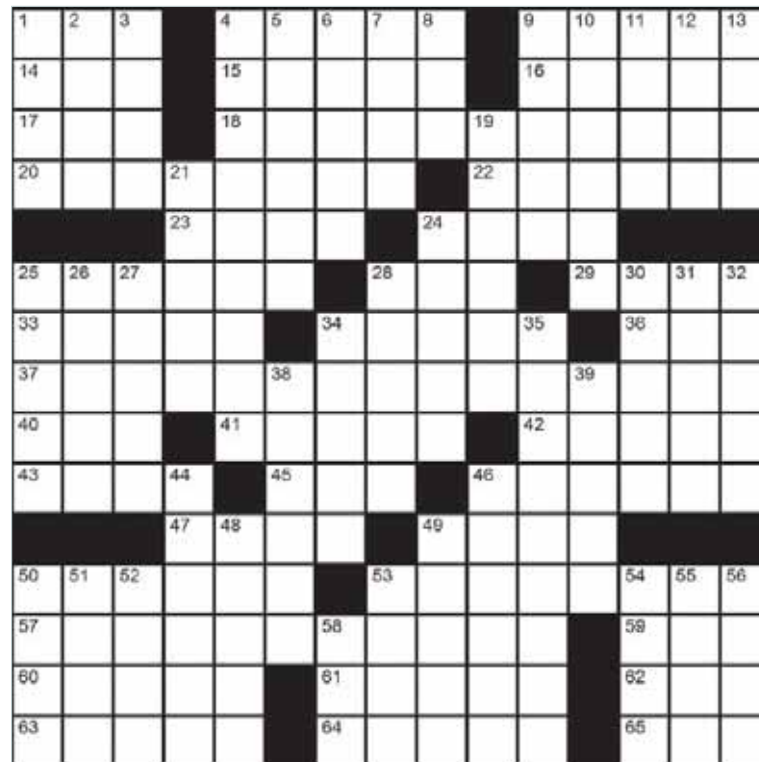
Feb. 20 - March 20

You may have to react to a series of minor crises today. Most of them are of your own making.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

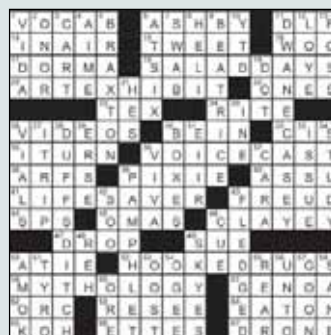
1. Classy car
4. Sofa-turned-bed
9. Story with morals
14. Ms. Remick
15. Way to serve a deli sandwich: 2 wds.
16. Be of service
17. Compass dir.
18. Stephen Harper in 2011 ...and again in 2015?: wd. + acr.
20. St. ___ Basilica, in Charlottetown
22. Unorthodox belief
23. "Hey, there..."
24. Rock's covering
25. Bury
28. Sci-Fi play
29. Samson's biblical hideaway, Rock of ___
33. Polynesian language
34. Old labour camp of Russia
36. Lettered sun ray
37. Everest enthusiast: 2 wds.
40. Early hrs.
41. "Have a Little Faith in Me" singer John
42. Room and ___
43. ___ and exercise
45. Alphabetic trio
46. Skating great Ms. Yamaguchi
47. Belinda Carlisle's "___ Weak"
49. Gotchas!
50. That landing craft on Comet 67P
53. Drink known for its 'chocolatey' malt



Down

1. Discharged some
2. Bill of fare
3. Imagine, archaically
4. Slave River town in the Northwest Territories near the Alberta border: 2 wds.
5. Anxiety
6. University in Peterborough, ON
7. Belonging to Pop-eye's beloved Olive
8. Wedding announcement word
9. Fortunes
10. Disinclined
11. Beseched
12. Go-Go's: "Our ___ Are Sealed"
13. Like certain trees
19. Like music meant for an ensemble to sing
21. Reject
24. Swindle
25. Irate one's declaration: 2 wds.
26. The Beauty Myth author Ms. Wolf
27. Type of abode
28. "___ You" by Bryan Adams
30. Band instruments
31. Deflect
32. Tuesday: French
34. Huge
35. 'Rock of...' or 'Strait of...'
38. Musician Ms. Mann's
39. "Push" band from Vancouver
44. Leaning
46. The face of the Great Sphinx is believed to be in this Pharaoh's likeness, variantly
48. Certain Celts
49. Airplane: French
50. Drummer/singer Mr. Collins
51. Sharpen skills
52. Fancy suffix to 'Art'
53. Today, in Rome
54. Borderline
55. Cairo's river
56. Me-me-me's
58. Down

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

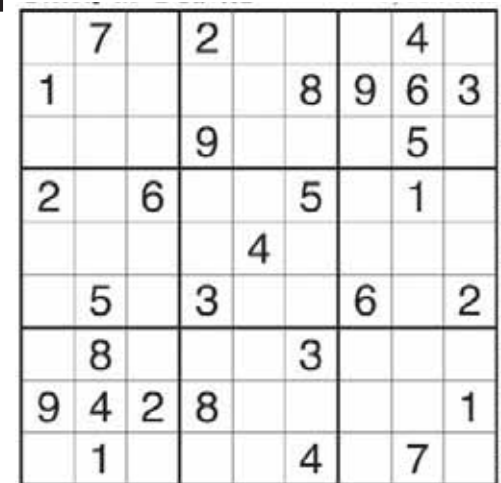


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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2

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Zoe Tender

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5



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6

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7



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8

FLUVAL

LED Deluxe Aquarium Kits

These kits feature a low-profile LED light that is an ideal choice for planted aquariums.



9

NEW!

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10

PACKAGE DEAL

Crested Gecko Starter Kit

Small & Large Kit comes with all the components necessary to give your terrarium hobby a successful start.



11

KONG
MARATHON

Chew Treat & Toy

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12



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